

USDA National Nutrient Database for Standard Reference, Release 16-1

Zinc, Zn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.106
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.036
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.024
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.017
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.017
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.017
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.016
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.183
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.072
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.072
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.093
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.072
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.304
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.074
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.064
09003	Apples, raw, with skin	138	1 apple	0.055
09004	Apples, raw, without skin	110	1 cup	0.055
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.102
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.073
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.226
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.284
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.268
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.137
09021	Apricots, raw	35	1 apricot	0.070
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.823
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.588
11015	Asparagus, canned, drained solids	72	4 spears	0.288
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.360
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.246
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.738
09038	Avocados, raw, California	28.35	1 oz	0.193
09039	Avocados, raw, Florida	28.35	1 oz	0.113
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.802
18005	Bagels, cinnamon-raisin	89	4" bagel	1.006
18003	Bagels, egg	71	3-1/2" bagel	0.547
18003	Bagels, egg	89	4" bagel	0.685
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.783
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.625
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	1.043
19078	Baking chocolate, unsweetened, squares	28.35	1 square	2.730
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.852
09040	Bananas, raw	150	1 cup	0.225

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09040	Bananas, raw	118	1 banana	0.177
20006	Barley, pearled, cooked	157	1 cup	1.287
20005	Barley, pearled, raw	200	1 cup	4.260
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	3.556
16008	Beans, baked, canned, with franks	259	1 cup	4.843
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	3.795
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	14.826
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	1.926
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	1.558
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	1.408
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	1.894
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	1.929
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	1.727
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.392
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.313
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.648
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.392
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.450
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.648
16051	Beans, white, mature seeds, canned	262	1 cup	2.934
22905	Beef stew, canned entree	232	1 cup	1.902
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	7.072
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	8.730
13348	Beef, cured, corned beef, canned	85.05	3 oz	3.036
13350	Beef, cured, dried	28.35	1 oz	1.125
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	5.262
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	5.313
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	5.364
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	4.548
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	5.908
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	4.174
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	4.658
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	3.689
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	4.029
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	4.973
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	5.542
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	4.446
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.720

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11084	Beets, canned, drained solids	24	1 beet	0.050
11084	Beets, canned, drained solids	170	1 cup	0.357
11081	Beets, cooked, boiled, drained	50	1 beet	0.175
11081	Beets, cooked, boiled, drained	170	1 cup	0.595
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.324
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	0.545
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.103
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.097
09042	Blackberries, raw	144	1 cup	0.763
09055	Blueberries, frozen, sweetened	230	1 cup	0.138
09050	Blueberries, raw	145	1 cup	0.232
07008	Bologna, beef and pork	56.7	2 slices	1.304
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	1.593
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.411
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	1.092
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0.280
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.210
18023	Bread, cornbread, dry mix, prepared	60	1 piece	0.378
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	0.390
18025	Bread, cracked-wheat	25	1 slice	0.310
18027	Bread, egg	40	1/2" slice	0.316
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.218
18031	Bread, indian (navajo) fry	160	10-1/2" bread	0.800
18031	Bread, indian (navajo) fry	90	5" bread	0.450
18033	Bread, italian	20	1 slice	0.172
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.330
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.331
18039	Bread, oatmeal	27	1 slice	0.275
18040	Bread, oatmeal, toasted	25	1 slice	0.278
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.504
18041	Bread, pita, white, enriched	28	4" pita	0.235
18044	Bread, pumpernickel	32	1 slice	0.474
18045	Bread, pumpernickel, toasted	29	1 slice	0.470
18047	Bread, raisin, enriched	26	1 slice	0.187
18048	Bread, raisin, toasted, enriched	24	1 slice	0.187
18053	Bread, reduced-calorie, rye	23	1 slice	0.152
18055	Bread, reduced-calorie, wheat	23	1 slice	0.258
18057	Bread, reduced-calorie, white	23	1 slice	0.308
18060	Bread, rye	32	1 slice	0.365
18061	Bread, rye, toasted	24	1 slice	0.300
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.260
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.260
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.185

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18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.333
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.150
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.543
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.545
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	2.160
21023	Breakfast items, french toast with butter	135	2 slices	0.594
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.167
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.702
11740	Broccoli, flower clusters, raw	11	1 floweret	0.044
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.515
11090	Broccoli, raw	88	1 cup	0.361
11090	Broccoli, raw	31	1 spear	0.127
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.515
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.372
20011	Buckwheat flour, whole-groat	120	1 cup	3.744
20010	Buckwheat groats, roasted, cooked	168	1 cup	1.025
20013	Bulgur, cooked	182	1 cup	1.037
20012	Bulgur, dry	140	1 cup	2.702
01001	Butter, salted	14.2	1 tbsp	0.013
01145	Butter, without salt	14.2	1 tbsp	0.013
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.289
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.214
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.135
11109	Cabbage, raw	70	1 cup	0.126
11112	Cabbage, red, raw	70	1 cup	0.154
11114	Cabbage, savoy, raw	70	1 cup	0.189
18086	Cake, angelfood, commercially prepared	28	1 piece	0.020
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.065
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.147
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	0.442
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	0.656
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.116
18116	Cake, gingerbread, prepared from recipe	74	1 piece	0.289
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	0.357
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.129
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.087
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	0.312
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.255
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.123
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.237
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.153
18134	Cake, sponge, prepared from recipe	63	1 piece	0.372
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.370

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18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.237
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	0.397
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.160
19074	Candies, caramels	10.1	1 piece	0.044
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.037
19071	Candies, carob	28.35	1 oz	1.001
19087	Candies, confectioner's coating, white	170	1 cup	1.258
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.187
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.270
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	0.080
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.021
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.000
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19107	Candies, hard	6	1 piece	0.001
19107	Candies, hard	3	1 small piece	0.000
19108	Candies, jellybeans	28.35	10 large	0.014
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.038
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.077
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.482
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0.433
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.128
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	0.889
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.000
19116	Candies, marshmallows	50	1 cup	0.020
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.884
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.956
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.081
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.549
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.456
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.083
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.576
19080	Candies, semisweet chocolate	168	1 cup	2.722
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.001
09060	Carambola, (starfruit), raw	108	1 cup	0.119
09060	Carambola, (starfruit), raw	91	1 fruit	0.100
14121	Carbonated beverage, club soda	355	12 fl oz	0.355
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.037
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.183
14142	Carbonated beverage, grape soda	372	12 fl oz	0.260
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.184
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.000

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14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.372
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.147
14157	Carbonated beverage, root beer	370	12 fl oz	0.259
16055	Carob flour	8	1 tbsp	0.074
11655	Carrot juice, canned	236	1 cup	0.425
11960	Carrots, baby, raw	10	1 medium	0.017
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.380
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.312
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.511
11124	Carrots, raw	110	1 cup	0.264
11124	Carrots, raw	72	1 carrot	0.173
11935	Catsup	15	1 tbsp	0.039
11935	Catsup	6	1 packet	0.016
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.097
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.223
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.234
11135	Cauliflower, raw	13	1 floweret	0.036
11135	Cauliflower, raw	100	1 cup	0.280
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.210
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.053
11143	Celery, raw	40	1 stalk	0.052
11143	Celery, raw	120	1 cup	0.156
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	3.750
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	2.970
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	3.750
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	3.750
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	3.750
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	3.750
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	3.750
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	7.500
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	3.750
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	3.750
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.180
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	3.740
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	3.750
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	3.750
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	3.740
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	3.750
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	3.875
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	15.000
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	15.015

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08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	3.750
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	2.400
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	7.500
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	15.000
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	1.800
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	1.500
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	1.488
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	15.225
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.076
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	1.519
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	1.450
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	1.410
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.056
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	1.760
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	15.300
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	1.549
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.462
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.240
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.351
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.899
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	1.632
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	1.256
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	4.285
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	4.113
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	4.126
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	5.390
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.965
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0.959
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	4.074
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	4.128
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.144
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	1.187
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.283
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.169
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.169
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.241
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.335

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.351
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	0.168
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.814
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	1.147
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.178
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.868
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.641
08143	Cereals, WHEATENA, cooked with water	243	1 cup	1.677
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.904
01164	Cheese sauce, prepared from recipe	243	1 cup	3.062
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.734
01004	Cheese, blue	28.35	1 oz	0.754
01007	Cheese, camembert	38	1 wedge	0.904
01009	Cheese, cheddar	28.35	1 oz	0.882
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.777
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.746
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.859
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.949
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.682
01017	Cheese, cream	14.5	1 tbsp	0.078
01186	Cheese, cream, fat free	15.6	1 tbsp	0.137
01019	Cheese, feta	28.35	1 oz	0.816
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.516
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.887
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.828
01030	Cheese, muenster	28.35	1 oz	0.797
01031	Cheese, neufchatel	28.35	1 oz	0.147
01032	Cheese, parmesan, grated	5	1 tbsp	0.194
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.805
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	1.023
01035	Cheese, provolone	28.35	1 oz	0.916
01037	Cheese, ricotta, part skim milk	246	1 cup	3.296
01036	Cheese, ricotta, whole milk	246	1 cup	2.854
01040	Cheese, swiss	28.35	1 oz	1.236
18147	Cheesecake commercially prepared	80	1 piece	0.408
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.171
09070	Cherries, sweet, raw	68	10 cherries	0.048
22906	Chicken pot pie, frozen entree	217	1 small pie	1.020
07017	Chicken roll, light meat	56.7	2 slices	0.408

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	1.330
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	1.078
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.860
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	2.444
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	1.678
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	1.416
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	1.399
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	6.134
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	1.067
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.679
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	1.754
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	1.336
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.676
05277	Chicken, canned, meat only, with broth	142	5 oz	2.002
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.780
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	2.884
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	2.544
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	2.509
22904	Chili con carne with beans, canned entree	222	1 cup	2.420
11156	Chives, raw	3	1 tbsp	0.017
14181	Chocolate syrup	18.75	1 tbsp	0.137
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.335
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	1.277
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.516
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.414
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.433
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.518
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.368
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.018
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.030
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.018
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	0.510
11159	Coleslaw, home-prepared	120	1 cup	0.240
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.437
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.459
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.403
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.029
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.019
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.064
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.070

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.149
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.146
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.081
18170	Cookies, fig bars	16	1 cookie	0.062
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.680
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.113
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.144
18177	Cookies, molasses	15	1 cookie, medium	0.068
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.070
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.198
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.066
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.129
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.080
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.164
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.081
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.042
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.065
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.059
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.041
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.060
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.040
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.014
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.370
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	1.357
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.966
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.370
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	1.033
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.397
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.994
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	1.380
20020	Cornmeal, whole-grain, yellow	122	1 cup	2.220
20027	Cornstarch	8.064	1 tbsp	0.005
20029	Couscous, cooked	157	1 cup	0.408
20028	Couscous, dry	173	1 cup	1.436
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	1.700
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	2.414
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	1.680
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	2.219
18214	Crackers, cheese, regular	10	10 crackers	0.113
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.073

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18217	Crackers, matzo, plain	28.35	1 matzo	0.193
18220	Crackers, melba toast, plain	20	4 pieces	0.402
18226	Crackers, rye, wafers, plain	11	1 wafer	0.308
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.092
18229	Crackers, standard snack-type, regular	12	4 crackers	0.082
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.043
18232	Crackers, wheat, regular	8	4 crackers	0.128
18235	Crackers, whole-wheat	16	4 crackers	0.344
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.177
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.029
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.003
01069	Cream substitute, powdered	2	1 tsp	0.010
01049	Cream, fluid, half and half	15	1 tbsp	0.077
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.035
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.041
01052	Cream, fluid, light whipping	15	1 tbsp	0.038
01056	Cream, sour, cultured	12	1 tbsp	0.032
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.075
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.011
18239	Croissants, butter	57	1 croissant	0.428
18243	Croutons, seasoned	40	1 cup	0.376
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	6.477
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.281
15141	Crustaceans, crab, blue, canned	135	1 cup	5.427
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	3.587
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	2.454
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	2.482
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	1.072
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.621
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	1.173
11206	Cucumber, peeled, raw	119	1 cup	0.202
11206	Cucumber, peeled, raw	280	1 large	0.476
11205	Cucumber, with peel, raw	104	1 cup	0.208
11205	Cucumber, with peel, raw	301	1 large	0.602
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.294
18245	Danish pastry, cheese	71	1 danish	0.497
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.383
09087	Dates, deglet noor	41.5	5 dates	0.120
09087	Dates, deglet noor	178	1 cup	0.516
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.011
01072	Dessert topping, pressurized	4	1 tbsp	0.000
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.001

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02045	Dill weed, fresh	1	5 sprigs	0.009
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.259
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.077
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.100
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.462
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	5.746
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	0.610
01143	Egg substitute, liquid	62.75	1/4 cup	0.816
01124	Egg, white, raw, fresh	33.4	1 large	0.010
01128	Egg, whole, cooked, fried	46	1 large	0.552
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.525
01131	Egg, whole, cooked, poached	50	1 large	0.550
01132	Egg, whole, cooked, scrambled	61	1 large	0.610
01123	Egg, whole, raw, fresh	58	1 extra large	0.644
01123	Egg, whole, raw, fresh	44	1 medium	0.488
01123	Egg, whole, raw, fresh	50	1 large	0.555
01125	Egg, yolk, raw, fresh	16.6	1 large	0.382
01057	Eggnog	254	1 cup	1.168
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.119
11213	Endive, raw	50	1 cup	0.395
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.399
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.395
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.400
21049	Entrees, pizza with cheese	63	1 slice	0.813
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	1.114
21051	Entrees, pizza with pepperoni	71	1 slice	0.518
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.818
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	1.917
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	4.599
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	4.352
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	4.960
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	3.486
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	2.091
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	1.875
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.996
21042	Fast foods, chili con carne	253	1 cup	3.567
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	4.959
21043	Fast foods, clams, breaded and fried	115	3/4 cup	1.633
21127	Fast foods, coleslaw	99	3/4 cup	0.198
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	1.896
21015	Fast foods, danish pastry, cheese	91	1 pastry	0.628
21017	Fast foods, danish pastry, fruit	94	1 pastry	0.479

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21074	Fast foods, enchilada, with cheese	163	1 enchilada	2.510
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	1.562
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	1.171
21024	Fast foods, french toast sticks	141	5 sticks	0.931
21077	Fast foods, frijoles with cheese	167	1 cup	1.737
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	5.673
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	5.805
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	2.247
21118	Fast foods, hotdog, plain	98	1 sandwich	1.980
21119	Fast foods, hotdog, with chili	114	1 sandwich	0.775
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	1.313
21129	Fast foods, hush puppies	78	5 pieces	0.429
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.567
21078	Fast foods, nachos, with cheese	113	6-8 nachos	1.785
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.349
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	1.021
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.400
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.630
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0.794
21139	Fast foods, potato, mashed	80	1/3 cup	0.256
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.216
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	3.392
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.998
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.894
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	1.214
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	2.576
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	4.385
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	1.869
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.948
21082	Fast foods, taco	263	1 large	6.049
21082	Fast foods, taco	171	1 small	3.933
21083	Fast foods, taco salad	198	1-1/2 cups	2.693
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	3.173
09094	Figs, dried, uncooked	38	2 figs	0.209
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	0.731
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.493
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.434
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.185
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.376
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.800
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.536
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.720

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.408
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.451
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.843
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.451
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.519
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.305
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.360
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.510
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.451
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.790
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.816
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.264
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.782
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.791
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.434
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	1.114
15111	Fish, swordfish, cooked, dry heat	106	1 piece	1.558
15111	Fish, swordfish, cooked, dry heat	85	3 oz	1.250
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.417
15128	Fish, tuna salad	205	1 cup	1.148
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.765
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.655
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.408
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.570
07022	Frankfurter, beef	45	1 frank	1.107
07023	Frankfurter, beef and pork	45	1 frank	0.828
07024	Frankfurter, chicken	45	1 frank	0.468
18268	French toast, frozen, ready-to-heat	59	1 slice	0.454
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	0.436
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.110
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.027
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.039
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.353
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.302
19294	Fruit butters, apple	17	1 tbsp	0.010
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.198
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.213
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.025
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.125
11215	Garlic, raw	3	1 clove	0.035
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.014

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
14277	Grape drink, canned	250	8 fl oz	0.300
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.127
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.100
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.281
09404	Grapefruit juice, pink, raw	247	1 cup	0.124
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.150
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.222
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.124
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.373
09128	Grapefruit juice, white, raw	247	1 cup	0.124
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.086
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.083
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.203
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.112
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.035
06116	Gravy, beef, canned	58.25	1/4 cup	0.583
06119	Gravy, chicken, canned	59.5	1/4 cup	0.476
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.417
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	0.341
06125	Gravy, turkey, canned	59.6	1/4 cup	0.477
07027	Ham, chopped, not canned	21	2 slices	0.407
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	1.094
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.765
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	1.224
11961	Hearts of palm, canned	33	1 piece	0.380
19296	Honey	21	1 tbsp	0.046
02055	Horseradish, prepared	5	1 tsp	0.042
16158	Hummus, commercial	14	1 tbsp	0.256
19270	Ice creams, chocolate	66	1/2 cup	0.383
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.447
19095	Ice creams, vanilla	66	1/2 cup	0.455
19088	Ice creams, vanilla, light	66	1/2 cup	0.482
19089	Ice creams, vanilla, rich	74	1/2 cup	0.348
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.035
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.012
19297	Jams and preserves	20	1 tbsp	0.012
19300	Jellies	19	1 tbsp	0.006
11226	Jerusalem-artichokes, raw	150	1 cup	0.180
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.312

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.234
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.106
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.512
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	3.740
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	4.199
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	2.958
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	3.511
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	2.967
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	3.800
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	5.168
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	6.205
04002	Lard	12.8	1 tbsp	0.014
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.001
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.036
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.013
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.256
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.448
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	1.695
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.062
09153	Lemon juice, canned or bottled	244	1 cup	0.146
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.009
09152	Lemon juice, raw	47	juice of 1 lemon	0.024
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.074
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.024
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.080
09150	Lemons, raw, without peel	58	1 lemon	0.035
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	2.515
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.015
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.326
11251	Lettuce, cos or romaine, raw	56	1 cup	0.129
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.023
11253	Lettuce, green leaf, raw	56	1 cup	0.101
11253	Lettuce, green leaf, raw	10	1 leaf	0.018
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.862
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.013
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.088

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.990
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	1.258
16073	Lima beans, large, mature seeds, canned	241	1 cup	1.567
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	1.786
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.148
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.009
09160	Lime juice, raw	38	juice of 1 lime	0.023
20100	Macaroni, cooked, enriched	140	1 cup	0.742
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.225
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	1.166
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.149
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	1.087
09176	Mangos, raw	165	1 cup	0.066
09176	Mangos, raw	207	1 mango	0.083
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.000
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.000
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.000
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.000
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.000
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.003
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.000
09181	Melons, cantaloupe, raw	69	1/8 melon	0.124
09181	Melons, cantaloupe, raw	160	1 cup	0.288
09184	Melons, honeydew, raw	170	1 cup	0.153
09184	Melons, honeydew, raw	160	1/8 melon	0.144
01110	Milk shakes, thick chocolate	300	10.6 fl oz	1.440
01111	Milk shakes, thick vanilla	313	11 fl oz	1.221
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.261
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	1.029
01095	Milk, canned, condensed, sweetened	306	1 cup	2.876
01097	Milk, canned, evaporated, nonfat	256	1 cup	2.304
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	1.940
01102	Milk, chocolate, fluid, commercial,	250	1 cup	1.025
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	1.025
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	1.025
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	1.014
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	1.025
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	1.029
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	1.049
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.976
16112	Miso	68.75	1 cup	2.283

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19305	Molasses, blackstrap	20	1 tbsp	0.200
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	2.321
15157	Mollusks, clam, mixed species, raw	85	3 oz	1.165
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	74.061
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	76.280
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	0.986
18274	Muffins, blueberry, commercially prepared	57	1 muffin	0.279
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	0.308
18279	Muffins, corn, commercially prepared	57	1 muffin	0.308
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.320
18283	Muffins, oat bran	57	1 muffin	1.049
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.150
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.583
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.426
11264	Mushrooms, canned, drained solids	156	1 cup	1.123
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	1.357
11260	Mushrooms, raw	70	1 cup	0.364
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	1.929
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.276
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.154
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.030
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.074
09191	Nectarines, raw	136	1 nectarine	0.231
20113	Noodles, chinese, chow mein	45	1 cup	0.630
20110	Noodles, egg, cooked, enriched	160	1 cup	0.992
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	1.008
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.953
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	1.151
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	1.588
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	1.517
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.815
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	1.693
12104	Nuts, coconut meat, raw	45	1 piece	0.495
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.695
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.366
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	1.077
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	1.440
12142	Nuts, pecans	28.35	1 oz (20 halves)	1.284
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.555
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	1.829
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.652
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.876

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20034	Oat bran, cooked	219	1 cup	1.161
20033	Oat bran, raw	94	1 cup	2.923
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.001
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.000
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.000
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.000
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.688
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	1.141
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.048
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.252
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.441
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.197
11284	Onions, dehydrated flakes	5	1 tbsp	0.095
11282	Onions, raw	14	1 slice	0.022
11282	Onions, raw	160	1 cup	0.256
11282	Onions, raw	110	1 whole	0.176
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.390
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.059
09207	Orange juice, canned, unsweetened	249	1 cup	0.174
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.100
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.125
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.383
09206	Orange juice, raw	248	1 cup	0.124
09206	Orange juice, raw	86	juice from 1 orange	0.043
09200	Oranges, raw, all commercial varieties	180	1 cup	0.126
09200	Oranges, raw, all commercial varieties	131	1 orange	0.092
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.238
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.148
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.285
09226	Papayas, raw	140	1 cup	0.098
09226	Papayas, raw	304	1 papaya	0.213
11297	Parsley, raw	10	10 sprigs	0.107
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.406
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	1.840
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.236
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.088
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.273
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.108

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09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.222
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.125
09236	Peaches, raw	98	1 peach	0.167
09236	Peaches, raw	170	1 cup	0.289
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.520
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.469
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.938
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.938
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.930
09340	Pears, asian, raw	275	1 pear	0.055
09340	Pears, asian, raw	122	1 pear	0.024
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.061
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.213
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.223
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.068
09252	Pears, raw	166	1 pear	0.166
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	0.592
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.784
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	1.207
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	1.072
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	1.960
11670	Peppers, hot chili, green, raw	45	1 pepper	0.135
11819	Peppers, hot chili, red, raw	45	1 pepper	0.117
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.088
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.163
11333	Peppers, sweet, green, raw	10	1 ring	0.013
11333	Peppers, sweet, green, raw	119	1 pepper	0.155
11333	Peppers, sweet, green, raw	149	1 cup	0.194
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.163
11821	Peppers, sweet, red, raw	119	1 pepper	0.298
11821	Peppers, sweet, red, raw	149	1 cup	0.373
11945	Pickle relish, sweet	15	1 tbsp	0.021
11937	Pickles, cucumber, dill	65	1 pickle	0.091
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	1.123
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	0.428
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.792
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.030
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.037
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.187
18302	Pie, apple, prepared from recipe	155	1 piece	0.295
18305	Pie, blueberry, commercially prepared	117	1 piece	0.187
18306	Pie, blueberry, prepared from recipe	147	1 piece	0.294
18308	Pie, cherry, commercially prepared	117	1 piece	0.211

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18309	Pie, cherry, prepared from recipe	180	1 piece	0.360
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.260
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.707
18444	Pie, fried pies, cherry	128	1 pie	0.294
18319	Pie, fried pies, fruit	128	1 pie	0.294
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.554
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	0.356
18324	Pie, pecan, commercially prepared	113	1 piece	0.644
18325	Pie, pecan, prepared from recipe	122	1 piece	1.244
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.491
18327	Pie, pumpkin, prepared from recipe	155	1 piece	0.713
11943	Pimento, canned	12	1 tbsp	0.023
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.150
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.150
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.275
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.059
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.305
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.047
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.249
09266	Pineapple, raw, all varieties	155	1 cup	0.155
09278	Plantains, cooked	154	1 cup	0.200
09277	Plantains, raw	179	1 medium	0.251
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.181
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.032
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.277
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.051
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.471
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.185
09279	Plums, raw	66	1 plum	0.066
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.486
07064	Pork sausage, fresh, cooked	26	2 links	0.541
07064	Pork sausage, fresh, cooked	27	1 patty	0.562
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.665
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.791
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	1.972
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	1.972
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	2.185
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	2.865
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	2.516
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	2.771
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	1.921
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	1.964

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	2.023
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	2.074
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	1.751
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	1.811
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	3.026
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	3.553
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	4.225
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	3.910
11672	Potato pancakes, home-prepared	76	1 pancake	0.631
11399	Potato puffs, frozen, prepared	79	10 puffs	0.237
11414	Potato salad, home-prepared	250	1 cup	0.775
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.727
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	0.588
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	1.691
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.452
11364	Potatoes, baked, skin, without salt	58	1 skin	0.284
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.408
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.365
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.421
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	0.200
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.093
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.733
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.378
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.609
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0.630
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	0.613
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	0.980
05306	Poultry food products, ground turkey, cooked	82	1 patty	2.345
09294	Prune juice, canned	256	1 cup	0.538
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.632
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.653
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.475
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.556
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.305
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.476
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.283
11424	Pumpkin, canned, without salt	245	1 cup	0.417
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.564

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11429	Radishes, raw	4.5	1 radish	0.013
09298	Raisins, seedless	145	1 cup	0.319
09298	Raisins, seedless	14	1 packet	0.031
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.450
09302	Raspberries, raw	123	1 cup	0.517
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	2.948
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.192
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0.245
20037	Rice, brown, long-grain, cooked	195	1 cup	1.229
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.543
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	1.776
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.396
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.774
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	2.017
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.216
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.284
18353	Rolls, hard (includes kaiser)	57	1 roll	0.536
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.595
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.041
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.045
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.033
04133	Salad dressing, french, home recipe	14	1 tbsp	0.000
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.056
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.000
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.019
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.029
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.022
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.066
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.016
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.029
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.041
07069	Salami, cooked, beef and pork	56.7	2 slices	1.213
07072	Salami, dry or hard, pork, beef	20	2 slices	0.646
02047	Salt, table	6	1 tsp	0.006
07073	Sandwich spread, pork, beef	15	1 tbsp	0.153
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	6.825
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	2.366
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	4.883
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.032
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.617
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.051

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06166	Sauce, homemade, white, medium	250	1 cup	1.025
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	0.649
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0.425
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.005
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.040
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.018
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.448
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0.256
11445	Seaweed, kelp, raw	10	2 tbsp	0.123
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.019
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	2.109
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.693
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.820
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	1.693
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	1.500
14346	Shake, fast food, chocolate	333	16 fl oz	1.365
14347	Shake, fast food, vanilla	333	16 fl oz	1.199
11677	Shallots, raw	10	1 tbsp	0.040
19097	Sherbet, orange	74	1/2 cup	0.355
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.000
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	1.606
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	0.593
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.301
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.357
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.108
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.054
19014	Snacks, fruit leather, rolls	21	1 large	0.040
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.576
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.417
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.425
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.369
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	1.517
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.110
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.754
19034	Snacks, popcorn, air-popped	8	1 cup	0.275
19036	Snacks, popcorn, cakes	10	1 cake	0.399
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.521
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.204
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.221
19035	Snacks, popcorn, oil-popped	11	1 cup	0.290
19041	Snacks, pork skins, plain	28.35	1 oz	0.159
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.266

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.170
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.167
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.201
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.309
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.309
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.020
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.278
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.510
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.270
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	0.340
19056	Snacks, tortilla chips, plain	28.35	1 oz	0.434
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	4.584
19061	Snacks, trail mix, tropical	140	1 cup	1.638
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	1.069
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	1.037
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.000
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.362
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	1.537
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	0.960
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.386
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.202
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	2.160
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.265
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.976
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	0.794
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	0.634
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	0.670
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	0.645
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	0.586
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	0.747
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.230
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.049
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	1.700
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	0.403
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	0.430

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06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	1.041
06206	Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve	241	1 cup	0.651
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	0.415
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	0.381
06174	Soup, stock, fish, home-prepared	233	1 cup	0.140
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	0.298
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.244
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	1.537
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	3.120
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.458
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.044
16120	Soy milk, fluid	245	1 cup	0.564
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.059
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	1.638
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	1.978
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	1.443
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.742
20125	Spaghetti, whole-wheat, cooked	140	1 cup	1.134
02007	Spices, celery seed	2	1 tsp	0.139
02009	Spices, chili powder	2.6	1 tsp	0.070
02010	Spices, cinnamon, ground	2.3	1 tsp	0.045
02015	Spices, curry powder	2	1 tsp	0.081
02020	Spices, garlic powder	2.8	1 tsp	0.074
02026	Spices, onion powder	2.1	1 tsp	0.049
02027	Spices, oregano, dried	1.5	1 tsp	0.066
02028	Spices, paprika	2.1	1 tsp	0.085
02029	Spices, parsley, dried	1.3	1 tbsp	0.062
02030	Spices, pepper, black	2.1	1 tsp	0.030
11658	Spinach souffle, home-prepared	136	1 cup	1.292
11461	Spinach, canned, drained solids	214	1 cup	0.984
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	1.368
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.931
11457	Spinach, raw	30	1 cup	0.159
11457	Spinach, raw	10	1 leaf	0.053
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.702
11641	Squash, summer, all varieties, raw	113	1 cup	0.328
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.451
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.288
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.153
09316	Strawberries, raw	18	1 strawberry	0.025
09316	Strawberries, raw	12	1 strawberry	0.017

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09316	Strawberries, raw	166	1 cup	0.232
19334	Sugars, brown	3.2	1 tsp	0.006
19335	Sugars, granulated	4.2	1 tsp	0.000
19336	Sugars, powdered	8	1 tbsps	0.000
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	0.354
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.102
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	0.314
11512	Sweetpotato, canned, vacuum pack	255	1 cup	0.459
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	0.467
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	0.312
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	0.158
19348	Syrups, chocolate, fudge-type	19	1 tbsps	0.160
19350	Syrups, corn, light	20	1 tbsps	0.004
19353	Syrups, maple	20	1 tbsps	0.832
19129	Syrups, table blends, pancake	20	1 tbsps	0.016
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsps	0.003
18360	Taco shells, baked	13.3	1 medium	0.186
09223	Tangerine juice, canned, sweetened	249	1 cup	0.075
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.605
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.202
20068	Tapioca, pearl, dry	152	1 cup	0.182
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.036
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.071
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.071
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.024
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.026
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.024
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.315
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.343
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.260
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.818
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.768
11954	Tomatillos, raw	34	1 medium	0.075
11540	Tomato juice, canned, with salt added	243	1 cup	0.365
11546	Tomato products, canned, paste, without salt added	262	1 cup	1.651
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.900
11549	Tomato products, canned, sauce	245	1 cup	0.490
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.434
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0.336
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.034
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.306

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11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.209
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.029
11955	Tomatoes, sun-dried	2	1 piece	0.040
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.023
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.244
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.227
21088	Tostada with guacamole	130.5	1 tostada	2.036
05286	Turkey and gravy, frozen	142	5-oz package	0.994
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.922
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	2.160
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	3.746
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	4.524
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	1.714
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	4.340
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	10.822
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.202
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.672
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.187
02050	Vanilla extract	4.2	1 tsp	0.005
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	3.366
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	3.477
11578	Vegetable juice cocktail, canned	242	1 cup	0.484
04582	Vegetable oil, canola	14	1 tbsp	0.000
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.668
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.892
02048	Vinegar, cider	15	1 tbsp	0.000
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	0.191
18367	Waffles, plain, prepared from recipe	75	1 waffle	0.510
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.532
09326	Watermelon, raw	152	1 cup	0.152
09326	Watermelon, raw	286	1 wedge	0.286
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.875
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.775
20083	Wheat flour, white, bread, enriched	137	1 cup	1.165
20084	Wheat flour, white, cake, enriched	137	1 cup	0.849
20080	Wheat flour, whole-grain	120	1 cup	3.516
20089	Wild rice, cooked	164	1 cup	2.198
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	1.639
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0.748
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	1.680
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	2.020

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Zinc, Zn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	2.202
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	1.339